



Compassion Fatigue Training

Introduction

It is not hard to imagine how demanding caring for children who have experienced abuse, neglect, trauma and loss must be. The complex needs of these children require workers to have robust mental health and well-being.

It is not surprising then that foster carers are at risk of Compassion Fatigue. Compassion Fatigue is generally defined as a state of emotional and physical burnout combined with secondary traumatic stress. It can be exacerbated further when carers are not told about the exact abuse, trauma and neglect a particular child may have experienced, and the full spectrum of their current behaviours.

Because the foster carer's home is also their place of work, there is little opportunity to take a break, rest and re-charge can be tough to come by. As well as affecting their mental health and well-being, this situation also impacts the quality and consistency of care provided to the vulnerable children they look after.

Research commissioned in 2015 by the University of Bristol's Hadley Centre for Adoption and Foster Parent Studies 'found that over 75% of foster parents had suffered some level of burnout.'

Please note this is an online session and joining instructions will be sent to you 24 hours prior to the course start time.

Learning Outcomes

By the end of the session delegates will be able to:

- Analyse factors which lead to compassion fatigue in your work
- Identify coping strategies that you can use to increase your resiliency
- Develop ways to find support for yourself and give support to your colleagues

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| Audience | Youth, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare |
| Age Ranges | 0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs / 19+ yrs |
| Trainer | Tori Davey |

| Start Date | Venue | Times | Event Code |
|-------------|----------------------|----------------|----------------------------|
| 12 May 2021 | Home Study, N/A, N/A | 10:00 to 12:00 | EDU 21/348 |

